

Vermont's Mental Health Transformation Grant

Improving the lives of young adults (18-34)
through peer support

Data through April 2015

More people working or in school



65% of peers (30 of 46) experienced stable or improved employment and/or educational status

57% of peers (12 of 21) not employed or in school when entering the program were employed or in school after participating in the program



Fewer mental health hospitalizations

15%



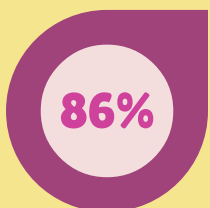
0%

Upon entering the program, 15% of peers (6 of 40) had a recent mental health-related hospitalization

None were hospitalized for mental health reasons within 6 months of reassessment

More people housed in the community

57% of peers (8 of 14) who were homeless when entering the program were no longer homeless after participating in the program

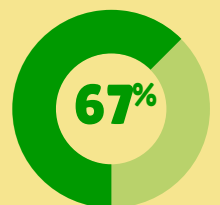


86% of peers (19 of 22) who owned or rented their housing at baseline continued to do so at reassessment

More positive social connections

67% of peers (8 of 12) without positive social connections at baseline reported positive connections at reassessment

67% of peers (14 of 21) without satisfactory family relationships at baseline reported satisfactory relationships at reassessment



More info on back!

The MHTG funds two community centers (The Wellness Co-op and Another Way) which use a peer to peer approach to provide outreach, engagement, employment services and peer support to young adults

In FY 2015, over 750 individuals generated over 10,000 visits to our two programs

What's different about what we do?

- Services are voluntary, nonclinical and flexible
- Support is provided by others with lived experience
- A diagnosis is not required to receive support
- Individuals are offered many opportunities and ways to become part of the community through group meals, music, art and support groups
- Individuals' whole health is addressed by providing opportunities for physical activity (yoga, meditation, group outings) and creative expression (art and music) within a nurturing and inspiring physical environment that they help create

Want to find out more? Give us a call!

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